

AT THE CAMERON

Due to public health guidance around COVID and its variants, Cameron programs may be changed, postponed or cancelled at any time. If changes should occur your COA staff will notify you as soon as possible. **Thanks for your understanding!**

FREE LINE DANCING

Join instructor Donna Shea on **Tuesday afternoons, September 27 and October 25** from 1:00– 1:45.

Beginners are welcome! We will be covering the basic steps, and we dance to all genres of music. Wear comfy clothes – layers are good, shoes with soles that will slide easily (sneakers stick; a leather sole works best). Bring a bottle of water and be ready to have a great time!



KIWANIS COOKOUT

Tuesday, September 13 at 6 pm

We are excited that The Kiwanis will again be hosting an evening cookout at the Cameron. Music by our own **Upbeats!** Reservations are a must so please call 978.692.5523.



HARVEST MOON FESTIVAL

Thursday, September 22 from 6:30-8:30pm
Tadmuck Housing Community Room

Join us for an international, fun evening celebrating the autumn and moon. The Mid-Autumn Festival is the second grandest festival in China, and is also known as the Moon Festival, as the moon is at its roundest and brightest. To express thanks to the moon and celebrate the harvest, folks offered a sacrifice to the moon on autumn days. On the festival day, family members gather to appreciate the bright full moon, eat moon cakes, and express their longing toward family members and friends who live afar. \$5.00 fee for food and supplies. Deadline to sign up is Friday, September 16. Please call 978.692.5523 and there will also be sign up sheets at housing. **Thank you to the Friends of the Cameron for subsidizing costs.**

COUNTRY HOEDOWN

Tuesday, October 18th at 2pm

Come listen to Matt York perform and enjoy some light southern refreshments. Cost is \$5.00. Please sign up at 978.692.5523.



DINNER WITH DONNA

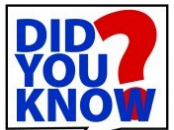
Tuesday, September 27, 5:00- 7:30 pm

Sign up quickly for our next Dinner with Donna and entertainment with Christopher Grace, a local mentalist! Are you willing to let him “read your mind?” Guaranteed to be “mind blowing”! **As The Westford Food Pantry and the Friends of Cameron** are kindly subsidizing some of the cost of this meal, **the fee is \$5.00**. Dinner will be seafood chowder, sides and dessert. Call now because space is limited, 978.692.5523.

IT'S TIME FOR THE 5TH ANNUAL TRIVIA A-GO- GO

Tuesday, October 25 at 5:30pm

Our infamous Ken presents, “Trivia with a Twist”. There will be special games for extra points, unique team selection and champion prizes. Doors open at 5:30 for desserts and trivia begins at 6:00. All this for \$3.00. Sure to be a great time! Don't miss the fun; sign up by October 19. 978.692.5523.



MURDER MYSTERY MASQUERADE PARTY

Friday, October 28 at 12pm

Getting older is so much fun here at the Cameron. However, one of you will not be so lucky. There is a murderer on the loose, and it will be up to the rest of the group to find out who did it. Dress up, wear a mask, and help us solve the case. Cost for this event is \$3.00. Sign up for this truly KILLER Halloween Party that people will be Dying to go to at 978.692.5523. Spaces are limited for optimal fun. [RiverCourt Residence in Groton will be providing a mystery meal for this event.](#)



DIWALI LUNCH

Wednesday, October 26 at 12pm

In honor of Diwali we will be having Indian food lunch. The cost for the lunch is \$5.00 Space is limited so please sign up at 978.692.5523.

Director's Report ...

Roberta Hale McGuire Honored for Her Love and Commitment to Community

Recently, many proud residents, influential partners and I took part in the ribbon-cutting ceremony for the Roberta McGuire Senior Residence, which is one of our newest supportive housing projects.

Roberta lived her life with brilliance, compassion and integrity and this affordable and supportive housing, built by developer Scott Clark, exemplified Roberta's idea of community in her compassion for all residents. This residence will provide seven efficiency style apartments for income eligible residents as well as a common area. This unique floor plan will contribute to creating a sense of independence as well as community. Each apartment has modern amenities, top of the line finishes, and lots of natural lighting. The shared area is available to use for dinners, games, movie time and so much more. Also, this project provides needed affordable housing for those who may need additional supports before returning home for the hospital, rehabilitative center due to needed home modifications, social supports and more. The Chelmsford Housing Authority oversees the management and supportive service components of this community.

This amazing project is truly reflective of a woman who greatly cared about affordable and accessible housing and contributed to other important facets of community which included open space, historical preservation, nature/accessible trails for all, recreation as well as serving on the Town farm Task Force, Council on Aging Board and Permanent Town Building Committee. Roberta's beautiful loving family include her husband Kevin McGuire and son Patrick McGuire, who reside in Town. To learn more about this new housing community in town, please reach out to our social service staff.



Front row– Centered and beautifully pictured, Roberta McGuire
L-R: Kevin McGuire, Jodi Ross, Town Manager, Jen Claro, COA Director,
Nancy Cook, COA Board Chair, Representative Jim Arciero, Patrick McGuire
Back L-R: Joan Croteau, Chair, Affordable Housing Trust Committee,
Scott Hazelton, Select Board, Jeffery Morrisette, Director of Land Use
Management and Connie Donahue, Deputy Director of Chelmsford Housing
Authority



Jennifer

UPCOMING HOLIDAY EVENTS

JIM GERAGHTY'S FAMILY AND FRIENDS 25TH ANNUAL THANKSGIVING DINNER FOR WESTFORD SENIORS

Sunday, November 20, at Westford Academy

A traditional Thanksgiving dinner will be prepared at Westford Academy, and it will be available as a sit-down dinner. The menu includes turkey and dressing, gravy, sweet potatoes, corn, pies, and more. BINGO will be played from 10 - 12, with dinner served at 12:00. To reserve, call the Cameron at 978.692.5523.

HAM & BEAN SUPPER

Saturday, November 19, at 5:30pm

The Annual Ham and Bean Supper, sponsored by the Westford Firefighters Association, American Legion Post 159 and the Franco-American Club, will be held at the Franco-American Club. There is no charge for the dinner, but we encourage you to bring an item for the Westford Food Pantry. Please pre-register at 978.692.5523.

HOLIDAY ASSISTANCE PROGRAM

The Cameron Senior Center is partnering with SVdP Society of St. Catherine's Church and the Westford Food Pantry for the Westford Holiday Basket Program. This program serves Westford families and individuals who would like to cook a Thanksgiving or Christmas meal that are facing a financial hardship. If you need assistance this holiday season, please contact Alison Christopher, L.I.C.S.W. The Town Social Worker at 978.399.2325. If you are interested in donating to the program, please contact Katie Russell at 978.399.2330.

Health and Wellness Offerings

Fitness Classes

A special thanks to the Friends of the Cameron for helping to subsidize our fitness classes

Drop-ins are not allowed for most classes. Please check with Katie for clarification if needed. If you sign up for a class, you must pay for the full session.

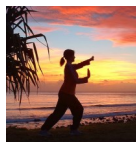


TAI CHI

Mondays at 1pm

Eight week session beginning September 19

Join Lesley Mathews for a Tai Chi class at the Cameron. Cost for Westford residents is \$24 for the session; others pay \$40. Sign up at 978.692.5523.



BONE BUILDERS

Mondays and Wednesdays 9:30-10:30am

Tuesdays and Thursdays 1-2pm

Bone Builders is a great class if you are recovering from a health set-back. Build your strength, increase range of motion and flexibility at a pace that is comfortable with you. To register for the classes please call the Cameron at 978.692.5523 to request an application which must be completed (with physician's approval). Class space is limited. If you have any questions, please call Maureen Thibodeau at 978.692.7634. **We are grateful for Community Teamwork, Inc. for providing these wonderful classes for our center.**



STRENGTHEN YOUR IMMUNE SYSTEM WITH MINDFUL MOVEMENT

8 weeks beginning September 6

Tuesdays, 9-10am: Beginner Class

10-11am: Advanced Class

Mindful Movement offers gentle physical activity to help move blood and oxygen around the body, nourishing the organs and tissues, promoting healing and strengthening the immune system. In addition, due to the in-the-moment connection of the mind to the breath and physical movements, Mindful Movement helps to calm the mind, relieving stress and anxiety. The instructor for this 8-week session is Ray Caisse from Cultivating Qi in Westford, MA. **Cost for Westford residents is \$24 for one class time per session, and \$30 for both classes. Others pay \$40 per session. Sign up at 978.692.5523.**



CHAIR MOVEMENT WITH CAROL WING

Tuesdays and Thursdays at 10:10am

Eight Weeks

Tuesdays beginning September 6

Thursdays beginning September 1

To register call 978.692.5523 Cost for Westford residents is \$24 for each session; others pay \$40. Sign up at 978.692.5523.



ZUMBA WITH CAROL WING

Tuesdays and Thursdays at 9:15am

Eight Weeks

Tuesdays beginning September 6

Thursdays beginning September 1

Join Carol Wing for a Zumba Class at the Cameron. Cost for Westford residents is \$24 for each session; others pay \$40. Sign up at 978.692.5523.



WELL-BEING GROUP CONDITIONING

TWO SESSIONS PER WEEK

Tuesdays & Thursdays at 10am

Eight weeks beginning September

Class Location: Well-Being Fitness Gym at Cornerstone Plaza located at 203B Littleton Road, Westford. (next to Eastern Bank) A full body conditioning class focusing on core stability, including elements of pliability, strength training, plyometrics, and cardiovascular fitness. Burn, strengthen, and engage! Class size is limited. Please call to sign up at 978.692.5523. Class fee: Westford residents- \$80 and non-residents- \$96. Please note that the class fee has increased due to off-site location/instruction and depletion of COVID grant funding. If you would like to participate in this class and you have a financial hardship please see our social service staff for financial scholarship.



WELL-BEING GROUP CONDITIONING

ONE SESSION PER WEEK

Wednesday at 9am

Eight weeks beginning September

Class Location: Well-Being Fitness Gym at Cornerstone Plaza.

Class size is limited. Please call to sign up at 978.692.5523. Class fee: Westford residents- \$50 and non-residents- \$77

TRAIN WITH SHAIN

Thursdays at 6:30pm

8 weeks beginning September 8

Join physical therapist and senior fitness specialist Steve Shain for a weekly fitness class that will focus on improving your strength and conditioning, along with flexibility, gait and balance. We will be using free weights, resistance bands and your own body weight. **Cost for Westford residents is \$24 per session, others pay \$40 per session. Sign up at 978.692.5523**



Our hiking group on the Foley Trail is enjoying Hikes with Mike. Join us for our September hikes—see page 4

Health Screenings and Information

DEMENTIA CAREGIVER SUPPORT GROUP

Resumes on September 27 with new coleaders!

Joanne Fontaine RN and Lisa Sobhian LICSW have been co-facilitating a support group for many years with the Alzheimer's Association. Joanne is a Geriatric Care Manager, owner of Pro-Active Eldercare. Lisa is an Alzheimer's Specialist and is currently the Director of Dementia Services and Social Services at D'Youville Life & Wellness Community. The group will meet at Cameron on the 4th Tuesday of each month from 6-7pm. Please call Lisa before attending your first meeting at 978.808.4246.



WESTFORD HEALTH DEPARTMENT OFFERS:

BLOOD PRESSURE & MORE at the Cameron

Tuesdays, September 13 and October 11 at 9 am

Health screenings including blood pressure reading, medication review, weight check, and an opportunity to discuss other concerns with our favorite Town Nurse, Gail Johnson. No appointment necessary

HEARING SCREENING

Mondays, September 12 and October 17 at 9:30am

Dr. Megan Ford from HearSmart Audiology of Littleton, will provide hearing assessments. Sponsored by the Westford Health Department. To book your appointment call the Health Department at 978.692.5509.

Medicare Scam-BEWARE of Insurance Agents who seem to be but ARE NOT affiliated with Medicare. Examples of problems that can occur: 1) The senior (who had excellent retiree coverage through a previous employer) called the phone number shown on a TV commercial and was convinced to join a Medicare Advantage plan offering additional coverage options and services that were "free". The senior is now stuck with co-pays in excess of \$250 which he cannot afford and cannot get his original insurance back. 2) The senior received a postcard mailing from "Medicare Insurance.com". These are insurance salespeople/agents trying to SELL you a product for which they make a commission. Be careful when calling insurance agents, responding to postcard mailings, or even having someone to your home to review coverage. If you have questions about your Medicare coverage and the options available to you, call and set up a SHINE consultation. If you are concerned about whether someone is really from Medicare, call Alison or Annette for guidance.

NEED ASSISTANCE WITH MEDICARE?

Mondays, September 12 and October 17, 24, and 31

BY APPOINTMENT ONLY SHINE (Serving Health Insurance Needs of Everyone) CAN HELP! Certified SHINE counselors offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare. You may benefit from cost-savings programs that a SHINE counselor will explain to you. Your health insurance costs are an important part of your budget, and SHINE is available all year to help you review your plans and costs. Call 978.692.5523 to schedule.

FALLON HEALTH OPEN ENROLLMENT INFORMATION

Circle the calendar and plan to attend the 2023 Fallon Health Medicare plan meeting on **Wednesday, November 2**. At this meeting you will have an opportunity to learn about the new rates and expanded benefits at Fallon. This meeting is open to everyone, and questions are welcomed. Please register to attend, so we can reserve a seat for you. 978.692.5523

WESTFORD COMMUNITY FLU CLINICS

- 10/6 Community flu clinic at the **Millennium from 6-8 pm**
- 10/13 Over 65 senior flu clinic at the **Millennium from 11-2 pm**
- 10/18 Community flu clinic at **Westford Academy from 6-8 pm**
- 11/3 Community flu clinic at **WA from 6-8 pm**

Call the Cameron at 978.692.5523 to sign up, and we will call you back once the COLOR system link is available. We will complete your appointment over the phone with you.

Social Fitness Activities

TUESDAY GOLF AT QUAIL RIDGE

354 GREAT RD, ACTON MA

Tuesdays beginning at 7:30am

Through October Cost: \$20 walking, \$30 with cart. Call Quail Ridge at [\(978\) 264.0399](tel:9782640399) to reserve for your tee time. Make sure you say you're with the Westford Group to get this special price.

PING PONG

Mondays and Tuesdays at 2pm, Fridays at 9:30am

Come join our group of avid ping pong players, varying in skill from beginners to advanced. It is a fun group of people who really enjoy ping pong and one another. If you would like to participate, RSVP by calling 978.692.5523 so we know how many tables to set up.



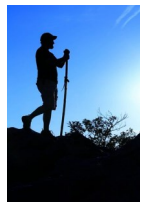
PICKLEBALL

This equipment is available to use during all hours of operations of the Cameron. Just see the front desk to request the equipment. To get current information for pickle ball around Westford, check the pickle ball website.

<https://sites.google.com/view/westfordpickleball/home>

HIKE WITH MIKE!

Join local hiker, Mike on some walks around town. For all hikes, meet at 9am for approximately 2 hours. A water bottle, insect repellent, sturdy footwear, and hiking pole(s) are recommended. See dates and details below. Please sign up at the front desk at 978.692.5523.



September 12—NARA Park, 25 Ledgerock Way, Acton 2.1 miles
September 26—Stone Arch Bridge, 115 Cold Spring Rd, 2.2 miles

All hikes begin at 9:00am

DINING AND HEALTHY FOOD OPTIONS

Dining Options

RESTAURANT REVIEW

Be sure to mark your calendars for our next outings on **September 28 to Seoul Kitchen, 142 Littleton Rd** and **October 19 to The Elegant Chef, Nashoba Tech, 100 Littleton Rd.** Please pre-register at 978.692.5523 so we can call the restaurant with a head count for adequate seating. When you arrive you can check in under "Westford Senior Center". Please send restaurant suggestions to Annette at 978.399.2326.



BIRTHDAY CELEBRATION

Wednesday, September 21 at 12pm Chicken Parmesan

Wednesday, October 12 at 12pm. Roasted Pork Loin

Enjoy a birthday dessert after lunch as we celebrate our birthday celebrants with a robust round of singing. Cost: \$5 and Birthday celebrant lunch is free. To register please call 978.692.5523. Lunch will be provided by [students of Nashoba Tech Culinary Arts Program](#). Thanks to Bear Mountain Healthcare for their generous donation of birthday dessert.



MEN'S BREAKFAST

You cannot beat this breakfast which includes many of our favorite breakfast chefs: **Marcel Lacombe, Bob Benoit, John Lasna, and Dave Anderson** who prepare eggs, sausage, bacon, and potatoes with sides that include toast, fresh pastries and fruit salad. If you have any suggestions for upcoming speakers, please speak with **Ken Hyle**. **Monday, September 12th at 8am** Twilight of the Dreadnoughts by Joe Ponti It traces the history of battleships through the 20th century. **Monday, October 13rd at 8am** Fred Baumert, our SHINE Counselor will talk about open enrollment and Medicare. **Cost is a \$3.00 suggested donation. RSVP to 978.692.5523** [Special thanks to the Friends of the Cameron for their financial sponsorship of this event.](#)

WOMEN'S LUNCH / BREAKFAST

We are shaking up the Women's event by having a lunch one month and a breakfast the next month. We will have some social meals and some with speakers. Cost: \$5 and don't forget to RSVP to 978.692.5523

Wednesday, September 14 12:00 p.m.

Join us for a nice social lunch where you will enjoy good food and even better company. Lunch will be prepared by Jackie Russell

Wednesday, October 5 at 9:00am

Join us for breakfast and hear **Fred Baumert, our SHINE Counselor**, talk about open enrollment and Medicare. [Special thanks to the Friends of the Cameron for their financial sponsorship of this event.](#)

Healthy Food Options

ORGANIC VEGETABLE DISTRIBUTION

Every Thursday

Numbers distributed at 1pm, Food distribution at 1:15pm

For those of you who come regularly to Gaining Grounds, please return the heavy duty clean plastic Market Basket bags as they are reusable. Thank you!

We are grateful that Gaining Grounds of Concord is offering their organic produce weekly to all Westford residents who meet income guidelines (fuel assistance criteria). To participate, please sign an income attestation on the day of produce pick up. Distribution is held at the Westford Housing Authority at 65 Tadmuck Rd in the community center parking lot. We pass out disposable numbers starting at 1pm. The freshly picked and packaged vegetables are pre-bagged and distributed at 1:15pm. Any questions call Annette at 978.399.2326.



SNAP – Supplemental Nutrition Assistance Program

Do you need help buying groceries? If your monthly income (household of 1) is less than \$2,147 or (household of 2) is less than \$2,903, you may be eligible for a monthly benefit toward groceries. For more information, call Annette at 978.399.2326 or go to <https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program>

WESTFORD FOOD PANTRY

The Westford Community Food Pantry, located on the first floor of the Cameron, is staffed by volunteers.

FOOD PANTRY HOURS:

- **Wednesday Evenings from 6 to 8 pm**
September 7, 14, 21, 28
October 5, 12, 19, 26
- **Friday Mornings from 9 to 11 am**
September 2, 9, 16, 23, 30
October 7, 14, 21, 28

For more information, or to donate, check their website at www.westfordfoodpantry.org

WHOLE FOODS/ TRADER JOE'S DISTRIBUTION

Mondays and Thursdays at 1:30pm

Open to all residents 55+. Sign in at the front desk each day that you want to participate.





Alison Christopher, LICSW, COA Social Worker (left) and Annette Cerullo, LSW, COA Outreach (right)

SOCIAL SERVICES AND OUTREACH NEWS

Outreach

OUTREACH

As your Outreach Coordinator, it is my job to be a resource for you. **If you aren't sure if your mail is scam, call me.** If you wonder how to get discounts on your utilities/property taxes, call me. If you're medically compromised and need help with small handyman jobs, call me. If you have a question or a dilemma and aren't sure where to turn, you can call me to help you problem solve. I look forward to chatting with you, Annette, 978.399.2326.

GRIEF SUPPORT GROUP

For Westford residents 55+

While grief can impact individuals in different ways, connecting with others to share stories, experiences, and receive/offer support can help with the grieving process. Please join us if you have suffered a loss and are seeking a safe place to express your feelings, to feel heard, to learn about the grieving process and to obtain helpful coping materials and resources. These "drop in" groups will be offered on the **2nd and 4th Thursday of every month at 4:00** here at the Cameron. *Please call to speak with Annette prior to your first visit.* There is no fee and no required attendance. Call Annette at 978.692.5523.

Spotlight on Emotional Wellness-Skills for Everyone with Lisa Wessan, LICSW, RM, CLYL

Based on the premise that every thought becomes a chemical reaction in your body, this 6-session workshop offers a multimodal approach to improve your ability to recover your emotional balance and feel healthier, more peaceful, and relaxed. **This workshop series is brought to our center by a grant from the Greater Lowell Community Foundation. September is the last session-Friday September 9, 1-3pm. Topic will be DBT Distress Tolerance Skills Part 2: "Serenity is not freedom from the Storm, but peace amidst the Storm."** Learning how to Improve the Moment, Deepening Radical Acceptance with Turning the Mind, Half-Smiling and Willing Hands. Guided Meditation. Call 978.692.5523 to sign up.



Lisa Wessan, LICSW, CLYL, RM, Psychotherapist, Dialectical Behavior Therapy Skills Trainer (DBT), Walk and Talk Therapy (WATT)

Social and Enrichment Activities

MUSIC MAKERS IS BACK

Come one! Come all! Come and sing with the Music Makers on Fridays at 9am, beginning on September 9. We hope to welcome returning singers, as well as folks who would like to enjoy a musical morning. Tom Boyer will be back to lead the effort. We hope to see you then.

LIVE THEATER SHOW – "A CUP OF TEA"

Friday, September 23 at 1 PM .Delvena Theatre Company

As always, we will have a celebration with root beer floats following the show. A fun time for all! Please call 978.692.5523 to sign up for this FREE show. **This program is fully supported by a grant from the Westford Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.**

MOVIE SHOWINGS

September 15 and October 20 at 4:30pm

Join us in September for *Belfast*, the story of a working-class family in Ireland, starring Dame Judy Dench. October's showing is *Being the Ricardos*, a witty, compassionate drama about the I Love Lucy Show. Just \$4.00 for a movie, popcorn, refreshments, and light meal. Please call to sign up 3 days prior at 978.692.5523. **Thank you to the Friends of the Cameron for subsidizing costs.**

BOOK CLUB

Tuesdays, September 20 and October 18 at 2pm

Are you a reader who likes to talk about books? Join us September 20 as we discuss the fascinating non-fiction book *Thinking in Pictures: My Life with Autism* by Temple Grandin. On October 18, we will review *Ask Again, Yes* by Mary Beth Keane, a profound family drama novel. You can get a book from us at the senior center or try online i.e. Kindle, Hoopla, Libby. Happy Reading! Annette 978.399.2326



IMPROVING COMMUNICATION SKILLS

Do you have difficulty identifying your needs and wants, and expressing them in a clear and direct way? Are you able to say "no" when you want to? Do you find yourself becoming quiet or withdrawn when you do not feel you are being heard, or quick to anger when attempting to express yourself? If so, please join us for a two-session communication skills workshop which will be held **Wednesday, September 14 from 10am to 11:30am** in the Cameron Library.

THE UPBEATS

Are you an experienced at playing an instrument? Our house band, the UPBEATS, practices each Thursday Morning at 10am. Bring your instrument and come play with this talented group of musicians. You can see them at the Kiwanis cookout on September 13!



Housing and Independent Living Resources

AVOID SCAMS

We have been informed of multiple scams trying to get your personal identification and money. Scammers will pose as a family member in trouble, an employee from your bank, Social Security and/or the IRS. Please don't fall prey to these calls and emails. NEVER give out your personal information unless you are certain who you are speaking to. Any requests for gift cards or wiring money are major **RED FLAGS**. Don't answer their questions - hang up, call your family and/or the police to verify whether it's a scam or not. Better to be safe than sorry. Protect yourself.

FALL YARD CLEANUP

Sign up by Friday, September 30

With October around the corner, it is time thinking about fall yard cleanups. *Due to growing numbers of seniors requesting the service and limited volunteer hours available, we are asking that residents sign up only if they have no other means for yard work to be completed. Please also know that a request does not guarantee that your yard can be cleaned. We will do our best to solicit volunteers and to match volunteer groups with residents, but will be prioritizing seniors with a demonstrated need-financial, physical, etc.* We apologize in advance if we cannot help every person who asks. Please call the front desk at 978-692-5523 for your name to be added to the requestor's list **by Friday, September 30**. Please also note that many of the volunteer groups may not be able to get the work done until mid November. Any questions, feel free to contact Annette, your Outreach Worker, at 978.399.2326

FUEL ASSISTANCE SEASON

If you are struggling financially and have concerns about heating your house this winter, please call Alison 978.399.2325 or Annette 978.399.2326 and ask about eligibility and applying for LIHEAP- Low-Income Home Energy Assistance Program.

VETERINARY CARE PROGRAM THROUGH AGESPAN

Interacting with animals and pets has been shown to reduce loneliness, decrease stress, and even lower blood pressure. Having a pet involves medical care, which can be expensive. AgeSpan is fortunate that, through the generosity of Meals on Wheels America and PetSmart, we can offer people 65 and over help with these bills through our Veterinary Care Program. As long as you are 65 years old, you do not need to be an AgeSpan client. It can cover up to \$300 in one-time veterinary care for pets of those in need, once per year. If you already have a vet, AgeSpan will pay your vet directly, up to \$300. • If you do not have a vet, Age Span will help coordinate services with an approved vet. **COVERED SERVICES** • Rabies shots • Spaying/neutering expenses • A variety of inoculations • Flea/tick care • Annual checkups • Nail trimming • Other routine care. If you are receiving AgeSpan services and would like more information, contact your AgeSpan Care Manager at 800-892-0890. If you are not receiving our services, please contact Sandy Jennings at 978-946-1222.

Community Resources



CAMERON ORIENTATION MEETING

Are you new to the Cameron? To Westford? To retirement? Are you 55 or older and wondering what goes on here? Please join us on **Wednesday, October 26 at 2:00**. We will have light refreshments, give a tour, and you'll meet the staff and learn about the many ways we help the community, how you can benefit, and how you can help! We have so many resources, and we want to make sure you know about them. Bring a neighbor, bring a friend, or come alone and make new friends! Please RSVP to 978.692.5523

VETERANS SERVICES

Westford Veterans Agent, Ryan Cobleigh, is available to assist with benefits and/or other needed services or information. To speak with Ryan, please call 978.392.1170 or visit <http://westfordma.gov/veterans>

VET 2 VET

**With retired veteran's agent and resident Terry Stader
Tuesdays, September 13 and October 11 at 11am**

Are you a veteran who has questions and would like to talk to another veteran? Sign up with for a one on one appointment at 978.692.5523.

ASK THE DETECTIVE

Thursdays, September 8 and October 13 at 11am

Donuts with Detective Nicoletti-Come enjoy some morning treats while you chat with our very own Elder Services Officer. You don't need to have a legal issue to discuss. She is open and interested in hearing from you about what is going on with the seniors and any education you'd like her to provide.

ASK THE LAWYER

Tuesday, September 6 beginning at 9:30am

Free legal service provided by the office of Attorneys Madge & Johnson is available to all Westford seniors age 60 and over, by appointment. Appointments are 20 minutes each. Please call 978.692.5523 to reserve a timeslot.

FREE PIANO LESSONS

Thursday evenings

Meaghan Lu, a Westford Academy Student who is passionate about music, is volunteering her time on Thursday nights to provide piano lessons. Call 978.727.7396 to set up a lesson time.

ASK THE REALTOR

**With Kathy Cunningham of Coldwell Banker, Westford
Mondays, September 12 and October 3 at 10am**

Call 978.692.5523 to schedule an appointment to speak with local realtor Kathy Cunningham about your personal real estate questions.

Cameron Center Transportation Department

Serving Westford's residents aged 55 and up and people with disabilities of all ages. We provide local van trips for medical appointments, shopping, and social events. Rides to Emerson Hospital, Nashoba Valley Medical Center, Lowell General Hospital, and other local medical offices, shops, Town Meetings, activities, and events within our operating area of **Westford, Chelmsford, Littleton, Groton, Carlisle, Ayer, Acton, Concord, and Lowell**. We offer weekly trips to Westford Market Basket on Tuesdays, and weekly BINGO rides on Monday and Friday.

If you need transportation for a Cameron-sponsored event, just let the front desk know when you register—there's no need to also call Transportation!

BIG CHANGES COMING

Beginning January 1, 2023, we will switch from a donation system to a fee-based system for van rides. This change is necessary due to significant increases in the cost of fuel, increased ridership, and increases in the cost of general upkeep on the vans.

The roundtrip cost with be:

Within Westford: \$3

To Chelmsford, Acton, Groton, Littleton and Carlisle \$6

To Ayer, Concord and Lowell \$10

You will have the option of purchasing a punch card (similar to Cameron Bucks) or being billed monthly for your rides.

Watch for further information and details!



Each week dedicated Cameron volunteers pick up and sort food donations from Whole Foods in Westford and Trader Joes in Nashua N.H. Food is distributed each Monday and Thursday at 1:30pm. Pictured is Trader Joe's **Michelle Ovellett, Assistant Manager/Share Partner Program**, and crew members **Saxton, Nico, Anthony, and John Maloney** as well as **Fran Kosenko and Patti Mason**. These donations help 70 households each week. To participate you must sign up Monday or Thursday AM starting at 8am. See Page 5 for details.



OPEN ART STUDIO

Tuesdays 1pm – 3pm

Would you enjoy some company while you work on your projects? If so, Open Art Studio may just be the place for you. Drop-ins are always welcome.



BASIC WATERCOLOR PAINTING WITH PAULA MINGOLELLI

Thursdays from 1pm-3pm

6 weeks from September 8 — October 13

This teacher demonstration class will give students the opportunity to work along with the instructor from start to finish on all paintings. Students will work on developing their drawing skills, composition, layering, glazing and more. Paula will provide one on one guidance during each session. This class does require a basic knowledge of working in watercolor. Class size is limited. Cost: \$90 for Westford residents and \$110 for others. Please request watercolor supply list once you pay for the class. **A special thanks to the Friends of the Cameron for helping to subsidize this class.**

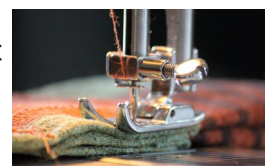


SEWING & QUILTING CLUBS

Mondays 10am – 1pm and

Tuesdays 9am – 11am

Please come in and enjoy a working on your quilting and sewing projects with many other friendly and like-minded crafters. It's fun to see the different projects that people are working on. Share project tips and enjoy some creative company!



KNITTING AND CROCHETING

The Friends of the Cameron Senior Center is sponsoring a knitting/crochet "let's have a chat" group. Please feel free to drop by on Wednesdays, from 1:30 - 3:00. We will be meeting in the lobby at the senior center. If you want to learn, share a pattern, work on a project or have a cup of tea, we would love to see you. Everyone is welcome!



MACRAMÉ CLASS – SPOOKY BLACK CAT


Wed Oct 5 & 12 at 2pm-3:30pm

Class 1: Review of basic knots & make small project. Start cat prep.
Class 2: finish cat. Please bring scissors & tape measure if possible. Most materials provided by instructor. Cost is \$5 for material fee. Spaces limited. Please sign up at 978.692.5523.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 2022			1 9:15 ZUMBA 10:00 Upbeats Band 10:10 Chair Movement 12:30 Hand and Foot 1:00 Bone Builders 1:30 Whole Foods 2:30 Bridge	2 9:00 Billiards 9:00 Food Pantry 9:30 Ping Pong 12:00 BINGO Lunch 1:00 BINGO
5 Happy Labor Day Center Closed 	6 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 9:30 Ask the Lawyer 10:00 Adv Mind Mvmt 10:10 Chair Movement 1:00 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong	7 9:30 Bone Builders 12:30 Cribbage 1:30 Knitting Group 6:00 Food Pantry	8 9:15 ZUMBA 10:00 Upbeats Band 10:10 Chair Movement 11:00 Ask the Detective 12:30 Hand and Foot 1:00 Bone Builders 1:00 Watercolor Class 1:30 Whole Foods 2:30 Bridge 4:00 Grief Support 6:30 Train with Shain	9 9:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong 1:00 DBT Skills
12 8:00 Men's Breakfast 9:00 Hike with Mike 9:30 Bone Builders 9:30 Hearing Screening 10:00 Ask the Realtor 10:00 Sewing 12:30 SHINE 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods 2:00 Ping Pong	13 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 9:30 Blood Pressure 10:00 Adv Mind Mvmt 10:10 Chair Movement 11:00 Vet to Vet 1:00 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong 6:00 Kiwanis Cookout	14 9:30 Bone Builders 10:00 Communication 12:00 Women's Lunch 12:30 Cribbage 1:30 Knitting Group 6:00 Food Pantry	15 9:15 ZUMBA 10:00 Upbeats Band 10:10 Chair Movement 12:30 Hand and Foot 1:00 Bone Builders 1:00 Watercolor Class 1:30 Whole Foods 2:30 Bridge 4:30 Movie Night 6:30 Train with Shain	16 9:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong 12:00 BINGO Lunch 1:00 BINGO
19 9:30 Bone Builders 10:00 Sewing 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods 2:00 Ping Pong	20 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:10 Chair Movement 1:00 Bone Builders 1:00 Open Art Studio 2:00 Book Club 2:00 Ping Pong	21 9:30 Bone Builders 12:00 Birthday Lunch 12:30 Cribbage 1:30 Knitting Group 2:00 Stop the Bleed! 6:00 Food Pantry	22 9:15 ZUMBA 10:00 Upbeats Band 10:10 Chair Movement 12:30 Hand and Foot 1:00 Bone Builders 1:00 Watercolor Class 1:30 Whole Foods 2:30 Bridge 4:00 Grief Support 6:30 Harvest Moon 6:30 Train with Shain	23 9:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong 1:00 Delvina Theatre
26 9:00 Hike with Mike 9:30 Bone Builders 10:00 Sewing 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods 2:00 Ping Pong	27 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:10 Chair Movement 1:00 Bone Builders 1:00 Open Art Studio 1:00 Line Dancing 2:00 Ping Pong 5:00 Dinner with Donna 6:00 Dementia Caregiver	28 9:30 Bone Builders 11:30 Restaurant Rev 12:30 Cribbage 1:30 Knitting Group 6:00 Food Pantry	29 9:15 ZUMBA 10:00 Upbeats Band 10:10 Chair Movement 12:30 Hand and Foot 1:00 Bone Builders 1:00 Watercolor Class 1:30 Whole Foods 2:30 Bridge 6:30 Train with Shain	30 9:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong

Fitness Center, Library, Billiards Room, Computer Room, Trudy's Boutique open daily from 9—3
Fitness Center also open Tuesdays and Thursdays until 7:30PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:00 Men's Breakfast 9:30 Bone Builders 10:00 Sewing 10:00 Ask the Realtor 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods 2:00 Ping Pong	4 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:10 Chair Movement 1:00 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong	5 9:30 Bone Builders 9:00 Women's Breakfast 12:30 Cribbage 1:30 Knitting Group 2:00 Macrame 6:00 Food Pantry	6 9:15 ZUMBA 10:00 Upbeats Band 10:10 Chair Movement 12:30 Hand and Foot 1:00 Bone Builders 1:00 Watercolor Class 1:30 Whole Foods 2:30 Bridge 6:30 Train with Shain	7 9:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong 12:00 BINGO Lunch 1:00 BINGO
10 Center Closed Columbus Day 	11 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 9:30 Blood Pressure 10:00 Adv Mind Mvmt 10:10 Chair Movement 11:00 Vet to Vet 1:00 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong	12 9:30 Bone Builders 12:00 Birthday Lunch 12:30 Cribbage 1:30 Knitting Group 2:00 Macrame 6:00 Food Pantry	13 9:15 ZUMBA 10:00 Upbeats Band 10:10 Chair Movement 11:00 Ask the Detective 12:30 Hand and Foot 1:00 Bone Builders 1:00 Watercolor Class 1:30 Whole Foods 2:30 Bridge 4:00 Grief Support 6:30 Train with Shain	14 9:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong
17 9:30 Bone Builders 9:30 Hearing Screening 10:00 Sewing 12:30 SHINE 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods 2:00 Ping Pong	18 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:10 Chair Movement 1:00 Bone Builders 1:00 Open Art Studio 2:00 Book Club 2:00 Ping Pong 2:00 Country Hoedown	19 9:30 Bone Builders 11:30 Restaurant Rev 12:30 Cribbage 1:30 Knitting Group 6:00 Food Pantry	20 9:15 ZUMBA 10:00 Upbeats Band 10:10 Chair Movement 12:30 Hand and Foot 1:00 Bone Builders 1:30 Whole Foods 2:30 Bridge 4:30 Movie Night 6:30 Train with Shain	21 9:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong 12:00 BINGO Lunch 1:00 BINGO
24 9:30 Bone Builders 10:00 Sewing 12:30 SHINE 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods 2:00 Ping Pong	25 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:10 Chair Movement 1:00 Bone Builders 1:00 Open Art Studio 1:00 Line Dancing 2:00 Ping Pong 5:30 Trivia A-Go-Go	26 9:30 Bone Builders 12:00 Diwali Lunch 12:30 Cribbage 1:30 Knitting Group 2:00 Cameron Orientation 6:00 Food Pantry	27 9:15 ZUMBA 10:00 Upbeats Band 10:10 Chair Movement 12:30 Hand and Foot 1:00 Bone Builders 1:30 Whole Foods 2:30 Bridge 4:00 Grief Support 6:30 Train with Shain	28 9:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong 12:00 Murder Mystery
31 9:30 Bone Builders 10:00 Sewing 12:30 SHINE 1:00 Tai Chi 1:00 BINGO 1:30 Whole Foods 2:00 Ping Pong				October 2022

Fitness Center, Library, Billiards Room, Computer Room, Trudy's Boutique open daily from 9—3
 Fitness Center Open Tuesdays and Thursdays until 7:30PM

Friends Corner

Welcome everyone to the Friends year in Review, and what a year it was!

Our major fundraising events encompassed everything from our annual Membership drive, Trudy's Boutique, Art on the Wall, multiple lobby sales, (who knew that costume jewelry would be such a hit), yard sale, quilt raffles, Farmers Market tables, Town wide yard sale, gift cards, Roudenbush sale, auctions, holiday bazaar, bake sale, Cameron tree display at the Regency, gift wrapping, and our May Tea Party.



We co-sponsored the Holiday Lunch at the Regency, Sweetheart Lunch, Gay Nineties Celebration, and various other events such as bingo, monthly men's breakfasts, & women's lunches, occasional 'lunch & learn' and 55+ Evening programs. We also supply the coffee and cups you find in the Welcome Area.

Our new fiscal year began July 1, 2022. Our plans for the following months include a table at the Farmers Market, a yard sale, lobby sales, Cameron Holiday Bazaar, Gift Card Program, online Auction, Dining for a Cause Pizza Palooza (Movie) and more. Look for flyers in the Cameron Lobby announcing our various activities. If you have not joined the Friends, please consider doing so. Our Friends family is a major source of fundraising. Look for the yellow Friends flyer in the Cameron lobby.

The Friends wish a happy and healthy farewell to Mickey Crocker in her retirement from the board. Thank you, Mickey, for all your hard work and everything you have done over the years on behalf of Westford's seniors and The Friends.

Pat Reppucci President, Friends

Games

MONDAY BINGO

Mondays at 1pm

Join us at the Cameron for BINGO Fun!



FRIDAY BINGO

Friday BINGO games start at 1pm. **We host BINGO on the first and third Fridays in September and October—September 1, September 15, October 5 and October 19**

BINGO supplies can be purchased—Colored Dobber- \$1.00 and \$3.00 BINGO sheet which includes 3 BINGO boards

BINGO FRIDAY LUNCHES

If you're interested in having lunch before BINGO, register for any or all of the following lunches prepared by BINGO chef Mike Dyer

Friday September 2 at 12pm Hot Dogs and Hamburgers

Friday September 16 at 12pm Pulled Pork Sandwiches

Friday October 7 at 12pm Hot Dogs and Hamburgers

Friday October 21 at 12pm Mac 'n Cheese

Pre-BINGO lunch is \$3. You must RSVP for lunch by calling 978.692.5523. For any questions about BINGO call your program coordinator, Katie Russell at 978-399-2330.

Special thanks to the Friends of the Cameron for their financial sponsorship of this event

CARDS AT THE CAMERON

Please register at the front desk for selected game(s). If there is a cancellation, we will notify you by phone.



CRIBBAGE— Wednesdays at 12:30pm

HAND AND FOOT (Canasta) - Thursdays at 12:30pm

BRIDGE - Thursdays at 2:30pm

Would you like to help out at the Cameron? Come join our group of dedicated volunteers! Call Katie at 978-399-2030 for more information



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STOP THE BLEED®

Westford Health Department will be conducting a one-hour training on Stop the Bleed, a class that teaches life-saving skills. Through our **STOP THE BLEED®** course, you'll gain the ability to recognize life-threatening bleeding and intervene effectively. The person next to a bleeding victim may be the one who's most likely to save him or her. Take the course and become empowered to make a life-or-death difference when a bleeding emergency occurs.



STOP THE BLEED®. Save a Life. At the Cameron Senior Center, September 21, 2022, 2pm – 3pm.

RSVP by September 16, Gail Johnson, RN, Public Health Nurse, Westford Health Department gjohnson@westfordma.gov

For more information, go to stopthebleed.org

How to Get Your Cameron News

- If you are age 70 or older the Cameron monthly newsletter will automatically be mailed to you free of charge. If you would like to know more, please contact Martha at 978.399.2324
- If you prefer receiving a newsletter via email, please call Martha at 978-399-2324
- If you would like to be mailed a monthly newsletter for an annual cost of \$12 please send a check made out to the Town of Westford and mail to: Cameron Senior Center- 20 Pleasant, Westford, MA., 01886 or stop in at the center.
- Find our Facebook Page at facebook.com/CameronSeniorCenter/

COUNCIL ON AGING STAFF

Jennifer Claro, Director of Council on Aging
 Alison Christopher, LICSW / Social Worker
 Annette Cerullo, LSW /Outreach Coordinator
 Claire France, Records Supervisor
 Robert Rafferty, Transportation Dispatch
 Christopher Mitchell, Maintenance Supervisor
 John Wilson, Maintenance
 Edna MacNeil, Front Desk
 Katherine Russell, Senior Assistant
 Martha Brockway, Senior Assistant
 Karen Heitkamp, Night Supervisor
 Bob Benoit, Van Driver
 Paul Davis, Van Driver
 Steve Ducharme, Van Driver
 Bob France, Van Driver
 Ed Jarvis, Van Driver
 Lynn Jones, Van Driver
 John Lasna, Van Driver
 Lisa Nee, Van Driver
 Pam Rovendro, Van Driver

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 Nancy Cook, Chair
 Robert Tierney, Vice Chair
 Kathryn Wilson, Clerk
 Sandra Collins
 Patricia Holmes
 Terry Stader
 Barbara Upperman

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 Pat Reppucci, President
 Donna Owens, Vice President
 Kevin McGuire, Treasurer
 Frances Kosenko, Asst. Treasurer
 Katharine Karr, Secretary
 Gail Austin
 Dennis Smith
 Lynne Stader
 Barbara Tonucci
 William Vullo

BOARD MEETINGS

COA Board—September 21 and October 19 at 4:00
Friends Board—September 22 and October 20 at 10am

OUR MISSION: The Council on Aging promotes the physical, emotional, and economic well-being of aging adults and their engagement in all realms of community life.

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www.westfordma.gov/coa

<https://www.facebook.com/CameronSeniorCenter/>



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Nancy Allam
 M 978.505.8865
nancy.allam@compass.com

Wendy Crandall
 M 617.359.5969
wendy.crandall@compass.com

2022 BUS DAY TRIPS

Please call 978-692-5523 to register for trips. Checks should be made payable to "Town of Westford"

All trips depart from the Franco-American Club,
55 West Prescott Street.

SALEM & ROCKPORT

Thursday, October 6, 9:00am

Travel on a luxury Silver Fox Coach for historic Salem. Long renown as a famous seaport, Salem later became infamous for the witch trials. You'll initially tour the Peabody Essex Maritime Museum located in historic Salem, Massachusetts. Explore over 200 years of maritime trade from the Massachusetts' North Shore and view the museum's world class collection from the Far East and beyond. This blending of past and present is evident as you stroll the tree lined streets and cobbled walkways. Authors, painters and poets have drawn inspiration from this fabled seaside city. You will enjoy a delicious luncheon across the street at Village Tavern, featuring an entrée' choice of Fresh Baked Haddock or Baked Chicken and a Dessert. After lunch you'll visit scenic Rockport, Massachusetts, with its collection of fine shops and beautiful seaside views. Your return time home will be 6:00 PM after a great tour on the scenic Massachusetts North Shore. Cost of the tour is \$109.00 per person.

NORTH SHORE MUSIC THEATER PRESENTS KINKY BOOTS

Wednesday, November 2, 10:30am

Kinky Boots is a musical with music and lyrics by Cyndi Lauper and book by Harvey Fierstein. The musical tells the story of Charlie Price. Having inherited a shoe factory from his father, Charlie forms an unlikely partnership with cabaret performer and drag queen Lola to produce a line of high-heeled boots and save the business. In the process, Charlie and Lola discover that they are not so different after all. Before the show enjoy a wonderful lunch at Bertucci's Restaurant. This trip is created by Fox Tours and the cost will be \$149 per person.

CHRISTMAS WITH PAUL ANKA

(A SPECIAL HOLIDAY TRIBUTE SHOW)

Wednesday, December 7

Join Best of Times Travel for an incredible Christmas Celebration as we bring the music of Paul Anka live to our stage with Lou Villano's - Christmas with Paul Anka! All The Hits of Paul Anka & More—this dynamic show will feature not only the greatest hits of Paul Anka but the chart topping hits he wrote for others such as Buddy Holly, Frank Sinatra, Sammy Davis Jr., Tom Jones, Frankie Avalon, and Bobby Rydell, to name just a few. Sprinkle in some of our favorite Holiday songs performed only the way Paul Anka can, and you have an incredible Holiday Show! Enjoy a plated lunch at The Danversport Yacht Club. Cost of the Trip is \$109 per person.

Upcoming Overnight Trips

CHRISTMAS NEW YORK STYLE

Sunday, December 11 to Monday, December 12

Join Best of Times Travel for 2 Days and 1 night in New York City. Trip highlights include lodging at the Sheraton NY Times Square in the heart of NY City, tour of the Union Church of the Pocantico Hills, and the Lyndhurst Castle. Radio City Music Hall Christmas Spectacular Show! Price \$529 p/p Double Room or \$649 Single Room. If you want more information email Katie at

krussell@westfordma.gov



A COUNTRY CHRISTMAS

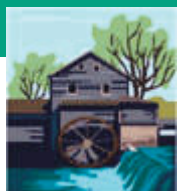
Friday, December 16 to Monday, December 19

Join Best of Times Travel to Nashville, TN for 4 Days and 3 Nights! This Exclusive package includes roundtrip transportation to the airport and airfare from Logan Airport, 3 night stay at the Gaylord Opryland Hotel, 7 meals a dinner show featuring The Oak Ridge Boys, tickets to see Vince Gill & Amy Grant at the Ryman, a show at the Grand Ole Opry. Also, a tour of the Ryman and the Grand Ole Opry, admission to the Country Music Hall of Fame, and a cruise. Finally, admission to ICE at Gaylord Opryland. Price for Standard View Rooms at Opryland: \$2,179 per person for a Double Room. \$2,629 for Single Occupancy. Price for Atrium View Room at Opryland: \$2329 per person for a Double Room. \$2929 for a single Occupancy. If you want more information email Katie at

krussell@westfordma.gov



Another fun outing for our hikers at Greystone Pond!!



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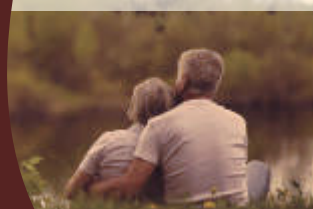
mhoag@eckel-law.com
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BRAIN GAMES

Answer to Sudoku

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9	3	1	8	6	7	4	2	5
8	5	2	4	9	1	6	3	7
6	9	5	1	7	2	8	4	3
3	1	8	6	4	5	7	9	2
7	2	4	9	3	8	1	5	6
5	8	9	7	2	4	3	6	1
2	4	7	3	1	6	5	8	9
1	6	3	5	8	9	2	7	4

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

						7	6	
4			1		6			
		7				1	2	4
	5							2
2			4			6		3
	4							
1	6	5			3			
	3		2	6	9			

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DIFFICULTY: ★★☆☆

ENIGMA™ CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: "W" = "A"

"PRWECF WCC URP HWP XGWPD
WDMREXIGF, SAG IZ FBA YWPG GB
GRXG W UWP'X HOWEWHGRE, NIMR
OIU LBYRE." — WSEWOWU CIPHBCP
PREVIOUS SOLUTION: "Learning is like rowing upstream: not to advance is to drop back." — Chinese proverb

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E007

CROSSWORD PUZZLE

ACROSS

- Liquid crystal display (abbr.)
- Rural free delivery (abbr.)
- Confederate States of America (abbr.)
- Red-tailed Hawaiian bird
- Water (Fr.)
- Snake (pref.)
- A (Ger.)
- Ask
- Three (pref.)
- Blesbok
- Big apple (abbr.)
- Kemo
- Agent (abbr.)
- Ingenuous
- Slave of Sarah
- Fare
- End
- Servant
- Auricular
- Saltwort
- Royal Air Force

DOWN

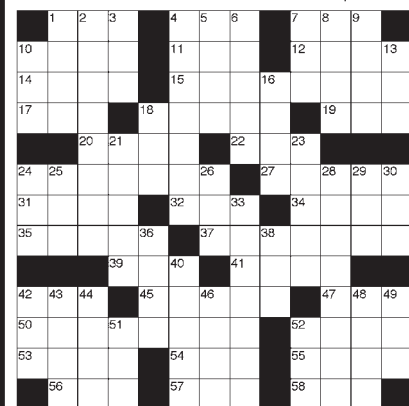
- Large Eur. dormouse
- Tea box
- River into the
- New sugarcane shoot
- Negative population growth (abbr.)
- Marked with lines
- Health resort
- Indic language
- Husband of Jezebel
- Wings
- Or nearest offer (abbr.)
- Cleave
- Age
- Soak flax
- Atlantic standard time (abbr.)

ANSWER TO PREVIOUS PUZZLE

PAID	RID	OAH	E
IDEA	ELA	SIAL	
NARC	ALB	IDEA	
EMIRATE	BEACH		
OMA	TER		
KERNE	PAD	CEL	
AAA	SALMI	HAE	
AND	LAO	ZAIRE	
	RAM	OZS	
SEWAN	PAYABLE		
ARAB	LAS	ROAN	
ADDA	ABI	UDIC	
LAET	BAS	MERE	

- North Sea
Solicit
Field deity
Chaperon (Sp.)
Bed
Whirl
Nautical cry
Ketone (pref.)
Incorporated

- (abbr.)
Audible breath
Compass direction
Amend
Dravidian language
Fables in Slang" author
Inlet
Family relative
Overshoes
Trouble
Recommended daily allowance (abbr.)
Overcoat
Gloomy
Energy unit
Public excitement
Nat'l Security Agency (abbr.)
Pallid
Growl
Cord
Beat rapidly
Abdominal (abbr.)
Expanse
Altar constellation



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